I make smart food decisions at restaurants.

I carefully select food at restaurants because I care about my health. Temptations are abundant, but I choose wise options that support my goal of eating nutritiously.

I carefully look at a restaurant menu before I order.

I avoid letting the server influence my choices with unhealthy specials. Likewise, the choices of my family or friends fail to affect my decision. Regardless of the situation, **I select the best options to fit my diet.**

I ask questions before I order food to ensure I choose healthy options. I unabashedly ask about fat content, calories, or ingredients.

I remember to make smart choices about garnishes or toppings. I politely request easy, health-conscious changes to my dishes, like leaving off the dressing or croutons.

I focus on the healthiest dishes on the restaurant menu. I think about the vitamins and minerals in my food. I select menu items that have higher amounts of these nutrients.

I also consider the total fat, calorie, protein, and carbohydrate amounts in my entire meal. **My food choices ultimately determine my health,** so balance is important. I also select items that help me feel full because they contain fiber. This way, I avoid temptations from being hungry again in just a short while.

Today, I eat nutritiously even when I go out to eat. I choose meal options that support my good health.

Self-Reflection Questions:

1. How can I avoid temptation while eating out with my family at their favorite restaurant?
2. How can I find a balance between healthy food and occasional treats?
3. What can I do to encourage others to make healthier choices at restaurants?